

Put Your Thoughts on Trial

Imagine a time that you experienced painful emotions. Visualize that moment. Write down everything about that moment. What were you thinking? What did you see? What did you hear? What did the other person say? What did you say? What should they have done? What should you have done? All the facts, the drama, and the messiness. Write it all down- the good, the bad, and the ugly.

[illegible]

Mary Preston, LMFT

Based on the work of Brooke Castillo and Byron Katie

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From those thoughts, pick one that creates painful emotions for you and write it here:

Now, ask yourself these questions *about that thought*.

Is the thought true?

Can you absolutely know that it is true? Yes or No

When you think this thought, how does it make you feel? (Visualize this)

Does this thought serve you/is it useful? Yes or No

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Thought Turnaround:

Now, we will see if there is a different thought that serves you better.

Write down a thought turnaround (the opposite of your original thought):

Write three pieces of evidence that this new thought is true:

1.

2.

3.

When you think this new thought, how does it make you feel? (Go back to visualization)

Does this thought serve you/is it useful? Yes or No

Why?

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